

USA Gymnastics Region 3 Championships 2024



THE
JOURNEY

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DREAMS

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April 26-28, 2024

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LUBBOCK
CIVIC CENTER
1501 Mac Davis Lane
Lubbock, TX

3

LEVEL
1- Sr Elite

Purpose: The Sr. Elite and Jr. Elite competitions will name Regional Champions in all disciplines. This competition will prepare our athletes for competition at national and international levels. The Developmental Regional Championships (Levels 1-Open) will name Regional Champions in age groups for all disciplines and synchronized trampoline, levels 9 - Open and all Elite levels. This will also serve as the second and final opportunity to qualify for the US Gymnastics Championships June 21-26 in Minneapolis MN and Stars & Stripes Championships, July 19th – 21st in Fort Worth, TX.

Venue:

Lubbock Civic Center
1501 Mac Davis Lane
Lubbock Texas

Schedule of Events:

April 26-28, 2024

Friday, April 26th	Level 8 - Elite: Training/Competition
Saturday, April 27 th	Level 1-10: Competition
Sunday, April 28th	Level 1-7: Competition

*Thursday evening, April 25th we will possibly provide level 8-Elite training. Depending on numbers depending on number of entries it may be necessary to have some competition on Thursday, we will do everything we can, to keep from it, but keep that in mind when scheduling travel. The block schedule will be used for all events and will indicate exactly what block of time your athletes will compete.

A detailed block schedule and team sheets will be posted for all participating gyms no later than March 24, 2024.

YOUR HOST: USA Gymnastics Region 3

ELIGIBLE ATHLETES

All athletes registered with USA Gymnastics as an athlete member are eligible to compete at the Region 3 Championships. Please note that all non-U.S. citizens must declare their citizenship prior to competition.

RULES:

USA Gymnastics Trampoline and Tumbling rules from the current 2021-2024 Code of Points along with all errata pages (posted on USAGYM.org) will be used. Please note that there will be no finals. All age groups are based on the age of the competitor on December 31, 2024.

VOLUNTEERS:

We need your help with volunteers for this competition. We greatly appreciate all help. This meet would not be possible without the help of volunteers. Thank you in advance for your assistance. All volunteers will be given a FREE t-shirt and hand stamp that will allow them access into the competition for that day.

Reminder: All athletes that could possibly be eligible for funding in the 2024-2025 season are REQUIRED to volunteer a Saturday PM or Sunday session (one full session, an awards assignment does not qualify) to be eligible for any and all funding.

Volunteer Sign up form:

Click [HERE](#) to sign up to Volunteer

Only professional members are allowed to spot. Coaches you must be prepared to help with this task. If you would like to bring additional coaches in order to help with this please register them via the USA Gymnastics website registration page.

ATHLETE BIOS:

Each team who has Youth, Jr. Elite, Intermediate or Sr. Elite competitors will need to fill out the athlete bio form on the Region 3 website (usag-region3.org) and attach a current head shot photograph. We will include all elite athletes in on our website.

JUDGES:

Only judges who have taken the 2023-2024 certification course and have a current USA Gymnastics Judges membership, will be considered for assignments. Ratings and availability will determine contracts for the Region 3 Championships. Judges must have previously judged at a minimum of 3 sanctioned competitions prior to Regional Championships.

Judging request must be submitted via the google doc using the link below no later than March 15, 2024. A link to the judge's request for assignment form will be sent to each judge who is currently registered within each state and to all teams. Please make the link below available to your judges:

Click the link below to request to judge

Click [HERE](#) to sign up to Judge.

Memo to All Potential Volunteers

T & T ALL STAR “Angels”

The 2024 Region 3 Championships in Lubbock, Texas is just a short time away.

The Trampoline and Tumbling Regional staff is busy planning this great event, and we need your help! To help us make this the best Regional Championship, we need those T&T “Angels” (aka volunteers) helping in many areas.

Please use the link provided below to access the online sign up request form please have your volunteer’s names on this form no later than March 15, 2024

Click [HERE](#) to Sign up to Volunteer

Reminder: All athletes that could possibly be eligible for funding in the 2024-2025 season are **REQUIRED** to volunteer a Saturday PM or Sunday session (one full session, an awards assignment does not qualify) to be eligible for any and all funding.

Positions will be filled on a first-come, first-serve basis, so get your list to the T&T Regional office ASAP. Volunteers who sign up for an entire session will receive a free T-shirt and hand-stamp that will allow them free entry for that day.

Thank you for your help in making the 2024 Regional Championships an event that runs smoothly and efficiently. I appreciate all you do to help me make this competition a success.

Sincerely

Patti Conner

USA Gymnastics, Region 3 Director

Host Hotels

VERTON HOTEL & CONFERENCE CENTER Block closes April 4, 2024

2322 Mac Davis Lane

Lubbock Texas 79401

Room Block: USA Gymnastics Regional 2024

Room Rate: \$145 per night

*Complimentary Airport Shuttle

*Heated outdoor pool & jacuzzi

*Fitness Center

* Pecan Grill Restaurant & lounge

*Outdoor fire pits

*Free Wifi

*Free Parking

*Valet parking (fee)

Click [HERE](#) to book your room or

Call: 806.776-7000



MCM ELEGANTE Block Closes MARCH 26, 2024

801 Avenue Q

Lubbock, Tx 79401

Room Block: USA Gymnastics

\$119 per Night

*Complimentary Breakfast

With eggs made to order and a waffle station

* Indoor swimming Pool

*Chill Zone Lounge

*Free Wifi

*Free Parking

*Fitness Center

*Rustler Country Café

Click [HERE](#) to book your room.



COMFORT INN & SUITES
6510 I-27, Lubbock, Tx 79412
BLOCK CLOSES: MARCH 26, 2024
\$109 per night
*Complimentary Hot Breakfast
*Complimentary Wi-Fi
*Complimentary Self-Parking
*Indoor Pool
Click [HERE](#) to book your room.



LAQUINTA INN & SUITES
6504 I-27, Lubbock, Tx 79412
BLOCK CLOSES: March 26, 2024
\$129 per night
*Complimentary Hot Breakfast
*Complimentary Wi-Fi
*Complimentary Self-Parking
*Indoor Pool
Click [HERE](#) to book your room.

